

DEPARTMENT OF HUMAN SERVICES SENIORS & PEOPLE WITH DISABILITIES

500 Summer Street NE, EO2 Salem, Oregon 97301-1075 Phone: (503) 945-5811

AUTHORIZED BY: INFORMATION MEMORANDUM

Administrator

SPD-IM-02-045 Date: August 14, 2002

TO: Area Agency on Aging Directors CHS SDA Managers

CHS/SPD Field Managers and Staff CHS SDA Assistant Managers CHS All Senior Program Managers CHS Central Office Managers

SUBJECT: 2002 Bi-annual O4AD Conference, "Charting Our Course: Finding A Port

in the Storm" at the Portland Airport Embassy Suites.

DATES: September 18-19, 2002. **Registration deadline is September 2, 2002.**

INFORMATION: In September there will be two training and/or conference opportunities held back-to-back at the same location for the convenience of those who wish to attend both.

On Tuesday, September 17, SPD will conduct a staff Intensive Training. Workshop information and on-line registration instructions are covered in IM-02-044.

On Wednesday, September 18 (full day) and Thursday morning, September 19, the bi-annual O4AD conference will be held. This IM contains information about the O4AD conference, including the SPD paid slot assignments and the method for registering for these slots.

Registration:

Registration forms are included in the attached conference brochure. Each person attending must complete a separate registration form (copies are acceptable). Indicate the conference session(s) to be attended and write "SPD slot" under total payment if the attendee is using one of the SPD designated slots. Completed forms for those using the allocated SPD slots ONLY should be faxed to Lucille Pugh, 503-373-7902.

All other registrations should go directly to O4AD, PO Box 12189, Salem, OR 97309. Payment responsibility must be indicated (include branch cost code if applicable).

SPD Slots:

This year SPD will sponsor the following slots (allocations are listed below) to the bi-annual O4AD conference. These slots cover registration fees only. Travel, lodging and cost of meals not offered at the conference must be paid by the local office or by the individual. The SPD slots this year are for the use of DHS staff, advisory members or other community partners interested in attending, at the discretion of the local unit.

Conference fees are non-refundable, but substitutions are acceptable.

Slot Allocations:

AAA Type A Districts

Columbia Coos-Curry Deschutes-Crook-Jefferson	1 2 2		
Klamath-Lake	2		
Morrow-Umatilla	1		
Baker-Union-Wallowa	1		
Malheur-Harney	1		
Wasco-Hood River-Wheeler-			
Sherman-Gilliam	2		
AAA Type B1 Contract Agencies			
Clatsop-Tillamook	2		
Columbia	2		
Washington County	2 3		
Douglas County	3		
AAA Type B2 Contract Agency Jackson-Josephine 3			
vacason vosepiinie	5		
DSAC SPD Central Office	5 slots 6 slots		

If any office **does not** plan to use its allocated slot(s), please contact Lucille Pugh before August 23.

CONTACTS:

SPD slots: Lucille Pugh

DHS, SPD Financial & Employment Benefits

500 Summer St NE, Salem, OR 97301

E-MAIL: <u>Lucillelsp@aol.com</u>

TELEPHONE: (503) 945-6831 or **FAX:** (503) 373-7902

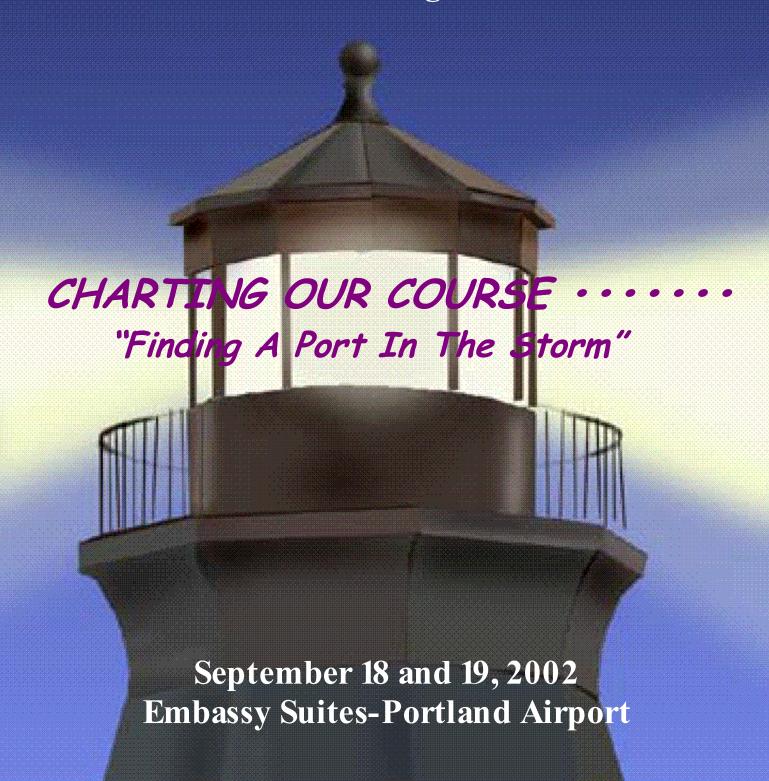
(503) 581-4528

Conference Program Content: Vickie Haus or Jacqueline Zimmer Jones

TELEPHONE: (503) 463-8692 E-MAIL: vhaus@o4ad.org or

jzimmer@o4ad.org

OREGON ASSOCIATION OF AREA AGENCIES ON AGING AND DISABILITIES Bi-Annual Training Conference





PLAN TO ATTEND!

"Finding a Port in the Storm" is an appropriate phrase for the turbulent times we are facing.

To help us get to higher ground, O4AD has teamed up with SPD, AARP, and other partners to provide you with solutions to the stormy waters we all face in our professional and personal lives.

So grab a deck chair mate, navigate through a variety of interesting workshops we have for you, and set your compass to enhanced success.

Land Ho...

KEYNOTE SPEAKER

Wendy Lustbader, M.S.W.



Wendy Lustbader, M.S.W., is a mental health counselor at Pike Market Medical Clinic in Seattle and affiliate assistant professor at the University of Washington School of Social Work. She also lectures nationally on topics related to chronic illness, aging and the needs of family caregivers. She is the co-author of Taking Care of Aging Family Members: A Practical Guide and author of Counting on Kindness: The Dilemmas of Dependency.

HOTEL INFORMATION

EMBASSY SUITES HOTEL PORTLAND AIRPORT

7900 N.E. 82nd Ave. Portland, OR 97220

Tel. (503) 460-3000 * Fax: (503) 460-3030 For Reservations Call: 1-800-EMBASSY www:embassysuitesportlandairport.com

RATES PER NIGHT:

\$90 Single or Double \$20 Each additional person

Note: Room rates include a full breakfast for each night stayed.

Hotel reservations must be made by: <u>August 30, 2002</u> to receive the special conference rate. Check-in time 3:00 p.m. No early check-ins.

The Embassy Suites offers 251 suites encircling a lush, tropical eight-story atrium with a beautiful waterfall flowing into a stream. Each room offers separate living and sleeping areas, a full size sofa-bed, a well lit dining and work table, cable T.V., irons, microwave, refrigerator, coffee maker and additional rollaway beds. The facility also has a restaurant, lounge, gift shop, laundry facility and swimming pool. There are nine accessible suites on site.

The Embassy Suites provides a social each evening that includes complimentary hors d'ouevres and a no-host bar for it's registered guests.

WEDNESDAY, September 18, 2002

OREGON ASSOCIATION OF AREA AGENCIES ON AGING AND DISABILITIES PRESENTS BI-ANNUAL TRAINING CONFERENCE

8:00 a.m. REGISTRATION

9:00-40:15 a.m. GENERAL SESSION

'WHAT'S WORTH KNOWING?"

Working with older adults and people with disabilities is transformative, so long as we remain willing to learn from those we assist and keep an open heart. Wendy will describe how promoting an exchange of giving and learning helps keep the work fresh for even seasoned frontline practitioners. She will present excerpts from her new book, What's Worth Knowing?, which is a collection of wisdom gleaned from decades spent listening to clients' thoughts and reflections. Presenter: Wendy Lustbader. MSW Mental Health Counselor

10:15-10:30 a.m. MORNING BREAK

10:30-12:00 p.m. WORKSHOPS (Choose One)

PERSONALITY DISORDERS THROUGHOUT THE LIFESPAN

Certain personality traits make relationships stressful. It can be difficult to assist individuals who resist help, focus only on themselves, or try to manipulate rather than allow a free exchange of caring. Recognizing personality disorders as part of a comprehensive assessment helps set realistic goals. This workshop identifies the major personality disorders and presents

strategies for generating constructive responses.

Presenter: Wendy Lustbader, MSW

A BRIEF PRIMER FOR MORTALS: INSIGHTS INTO LIVING WITH CHRONIC ILLNESS AND DISABILITY — A SYSTEMIC PERSPECTIVE

This workshop offers insight into the psychological, spiritual and social dimensions of chronic illness and disability. Our conversation will offer a guide for the person who is chronically ill or disabled to transcend loss. The challenge is to suggest tangible coping skills to those who suffer from the endlessness of chronic illness and disability as well as their family, friends and caregivers.

Presenter: Jeff Lukehart, Ph.D.

AGING 101

Learn about: healthy aging, body changes, cognitive changes that are "normal" vs "abnormal", loss and grief as we age, substance abuse, sensory changes, and interpersonal relationships. Whether you are aging, worked with older adults for years, or are just starting out, you'll gain new insight and information.

Presenter: Kevin Smith, M.D.Geriatric Psychiatrist, Woodland Park/Eastmoreland

NATIONAL CAREGIVER TRAINING—PART I

This is a two part workshop. What is the key to the overall success of in-home care? It's

good caregiver training.
Providence Medford Medical
Center has over 10 years of
experience preparing families and
providers for the role of caregiver.
You can make a difference in the
life of a caregiver or in your own
role as a caregiver.

Presenter: Katy Patton, Providence Medford Medical Center, National Caregiver Training Program

12:15—1:15 p.m. LUNCH

CURRENT EVENTS with Ted Stevens, Chair, O4AD and Lydia Lissman, DHS, Assistant Director, SPD

1:30-3:00 p.m. WORKSHOPS (Choose One)

THERE ARE NO RIGHT ANSWERS: ETHICAL DILEMMAS IN ADULT SERVICES

Social workers and nurses are asked to ensure that their clients are "safe" without violating their rights. In practice, the mandate to ensure client's safety often conflicts with the mandate to respect their autonomy. This workshop will use discussion of real case examples to examine the ethical dilemmas we face in daily practice.

Presenter: Wendy Lustbader,

MSW

WEDNESDAY, September 18, 2002

OUT OF THE SHADOWS—A LOOK AT DIVERSITY—PART I

This two part workshop will discuss subjects often relegated to the shadows and left unexplained. This seminar is designed to increase self-understanding and knowledge about our effect on others. Understand the difference between intent and the impact of our actions. Become more appreciative of the diversity of all people.

Presenter: Joseph Quinones, CEO, Diversity Development Services Group

INTERESTING POPULATION TRENDS

With each census, we see changing population trends that have implications for our service planning and delivery. This workshop will present the newest demographic profile of older Oregonians and persons with functional limitations from the 2000 Census. Find out what the Census tells you about your planning area.

Presenter: Elizabeth Kutza, Ph.D., Director Institute on Aging, Portland State University

NATIONAL CAREGIVER TRAINING—Part II

ADVOCACY 101—Part I

This two part workshop will discuss how the Oregon Legislature really works. Find out how small actions on your part can lead to real change for seniors and persons with disabilities. Pick up tips on how to make your day in the Capitol worthwhile, or learn how to advocate like a pro from home. Presenters: Jacqueline Zimmer Jones, O4AD and

3:00-3:30 p.m. AFTERNOON BREAK

3:30-5:00 p.m. WORKSHOPS (Choose One)

CONFLICT RESOLUTION IN FAMILIES

When family members come together to provide care for a dependent relative, divisive conflicts can erupt. This workshop explores ways to help families resolve these conflicts, paying particular attention to spouses and siblings as caregivers.

Presenter: Wendy Lustbader, MSW

OUT OF THE SHADOWS—A LOOK AT DIVERSITY—PART II

WAYS TO COMPLEMENT TRADITIONAL MEDICAL CARE — ALTERNATIVE MEDICINE/SUPPLEMENTS FOR AGING

This topic will explore ways in which natural medicines can be used in conjunction with conventional drugs. Those medicines will include herbs and vitamins Health concerns covered will be heart disease. depression, anxiety, insomnia and indigestion. Drug/nutrient interactions and contraindications will be discussed. In addition to alternative medicines, we will explore the mind-body connection in illness as well as life style modifications that lead to healthier and happier lives.

Presenter: Panel of Alternative Medicines

HELP WANTED: ATTRACTING THE BOOMER VOLUNTEERS

How do you transition your volunteer program to attract the elusive boomer population? What makes boomers different than other generations? Why are boomers different? Discover how to make your volunteer programs stronger. Learn how to create new opportunities that value the characteristics and needs of each generation.

Presenter: Alison Corrigan, Executive Director, Volunteer-Works

ADVOCACY 102-Part II

Guaranteed volunteer opportunities! Advocacy doesn't end until everyone's needs are met. We have plenty to do, so let's pick up a few more skills and keep up the good work!

5:00 p.m. ADJOURN



PLEASE PLAN TO JOIN US

There will be a casual, no host social hour with complimentary hors d'ouevres to be held from 5:30 to 7:30 p.m. in the hotel atrium.

DINNER ON YOUR OWN

Meeting space will be available at the end of the conference. Contact O4AD for arrangements.

Wednesday	Wednesday	Wednesday	Thursday	
9:00-10:15 GENERAL SESSION 10:15-42:00 p.m. Personality Disorders Chronic Illness Aging 101 Caregiver-Part I	1:30-3:00 p.m. Ethical Dilemmas Shadows-Part I Population Trends Caregiver-Part II Advocacy 101-Part I	3:30–5:00 p.m. Conflict Resolution Shadows—Part II Alternative Medicine Help Wanted Advocacy 102 Part II	8:30-40:15 GENERAL SESSION 10:30-42:00 p.m. Sexuality Prescription Drugs Alzheimer's Nutrition Powerful Tools	
SPECIAL NEEDS/CONSIDERATIONS Vegetarian Meals Vegan Meals Low Fat/Low Salt Meals Diabetic				
Other Needs To help us accommodate special needs relative to disabilities, please contact O4AD by 8/30/02. Attendant Meals are: \$_40.00 per day.				
REGISTER BY SEPTEMBER 2, 2002				
September 18, 2002 (include September 19, 2002 (include Full Conference Registration	s lunch)	\$ 95.00 \$ \$ 55.00 \$ \$150.00 \$		

SEND REGISTRATION FORM TO:

Attendant Meals

Late Fee for Registration after September 2, 2002

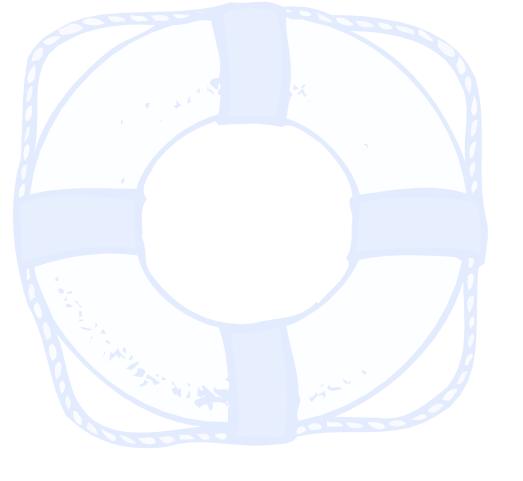
Send Registration with Check Payable to 'O4AD"

O4AD, P.O. Box 12189, Salem, OR 97309, Phone: 503-463-8692, FAX: 503-463-8715

\$ 40.00 per day

Total Payment

\$ 20.00



THURSDAY, September 19, 2002

7:30-8:30 a.m. REGISTRATION

8:30-40:15 a.m. GENERAL SESSION

Guest Speaker DAN MILLER



Dan is a retired educator, author and a full time speaker. He received his master's degree in education from Eastern Washington University. He has been a teacher, P.E. specialist and a school principal.. Dan began full-time speaking in 1990, and has shared his inspirational story with more than 500,000 people in 42 states. Dan's message of hope, humor and encouragement has entertained and inspired people from all walks of life.

Presenter: Dan Miller

10:15-10:30 a.m. MORNING BREAK

10:30-12:00 p.m. WORKSHOPS (Choose One)

I'M NOT AN 'IT": SEXUALITY, AGING AND DISABILITY

This workshop will: (1) explore sexuality in the lives of individuals who live with a disability and are aging, (2) examine sexuality in a broad context, including the need for intimacy, touch, body image, affection and sexual identity and.

(3) discuss how unmet needs sometimes are reflected in behavior. Resources will be shared.

Presenter: Vicki Schmall

THE HIGH COST OF PRESCRIPTION DRUGS: WHAT CAN OREGON CITIZENS DO?

This interactive session will examine the impact of rising prescription drug prices on Oregon seniors and persons with disabilities. Our primary emphasis: opportunities for local, state, and national citizen advocacy to address prescription drug costs. Participants will leave equipped to serve as a catalyst for action in their local communities.

Presenter: Enid Edwards, AARP

NEW APPROACHES TO THERAPY FOR THE PERSON WITH ALZHEIMER'S DISEASE

This workshop will speak to updated research on Alzheimer's Disease. It will include information on epidemiology, diagnosis (including biomarkers), etiology and treatment.

Presenter: Daniel Friedman, M.D. OHSU

NUTRITION AND ACTIVITIES OF DAILY LIVING: HOW ARE THEY RELATED?

Maintaining appropriate musculskeletal mass is critical for performing the basic activities of daily living. Learn how the body reacts to insufficient food intake and what nutritional interventions are appropriate for musculskeletal stability and disease management.

Presenters: Joan Smith, Executive Director, Loaves & Fishes and Carol Scarpinatto, MS, RD, Nutrition Advocate and Educator Nutritional Screening

POWERFUL TOOLS FOR CAREGIVERS-IDENTIFYING AND REDUCING PERSONAL STRESS

Four steps are presented for effective stress management. Tools to reduce stress are discussed. Participants learn how to change negative self-talk-which increases stress and erodes confidence-to positive self-talk. Learn five relaxation activities to incorporate into daily life.

Presenter: Kathy Shannon

12:15-1:15 p.m. LUNCH
Oregon viewing of "Thou shalt honor". PBS National Outreach
Effort to promote discussion and provoke action around supports for family caregivers.

1:15 p.m.—GONFERENCE ADJOURNS

O4AD would like to thank the sponsors of this conference.
Their generous support makes this event possible.

Multnomah County Aging and Disability Services



Department of Human Services Senior and People with Disabilities

Washington County Department of Aging and Veterans' Services

Mid-Willamette Valley Senior Services Agency

Community Action Program
East Central Oregon

Providence ElderPlace

CONFERENCE AT A GLANCE

Wednesday, September 18, 2002

8:00 a.m.	Registration
9:00-10:15 a.m.	General Session with Wendy Lustbader
10:15—10:30 a.m.	Morning Break
10:30—12:00 p.m.	Workshops
12:15—1:15 p.m.	Lunch with Speakers Ted Stevens and
	Lydia Lissman
1:30 -3 :00 p.m.	Workshops
3:00 -3 :30 p.m.	Afternoon Break
3:30 -5 :00 p.m.	Workshops
5:30—7:30 p.m	No-Host Social

Thursday, September 19, 2002

7:30 a.m.	Registration
8:30-10:15 a.m.	General Session with Dan Miller
10:15—10:30 a.m.	Morning Break
10:30—12:00 p.m.	Workshops
12:15—1:15 p.m.	Lunch-Oregon viewing "Thou shalt honor"

CAPECO—Area Agency on Aging 721 S.E. 3rd, Suite D Pendleton, OR 97801

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Hold the Date!

Oregon Public Broadcasting, Seniors & People with Disabilities, & The Oregon Association of Area Agencies on Aging and Disabilities invite you to catch a sneak peak of "And Thou Shalt Honor," a new PBS documentary that examines a variety of aspects of caregiving.

You will be one of the first to preview highlights from this compelling two-hour special to be aired October 9th, 2002, that follows care-giving situations across several different cultures and socio-economic backgrounds. Join us for lunch and an open discussion about the many issues facing an ever-increasing numbers of caregivers.

Help spread the word about "And Thou Shalt Honor" in your local area when you take home posters, flyers and other outreach materials designed to promote discussion and provoke action that supports care providers in your community.

For more information, contact: Holli Crown, Family Caregiver Support Coordinator for SPD at 503.945.6028, (Holli.CROWN@state.or.us) or Jacqueline Zimmer Jones at the O4AD office, at 503.463.8692 (jzimmer@o4ad.org)

Details: September 19, 2002, 12:00 p.m. at the Embassy Suites Hotel, near Portland Airport (7900 NE 82nd Avenue, Portland, OR 97220). Lunch is provided free of charge, but please R.S.V.P. to Holli or Jacqueline by September 10, 2002.